



WEEKLY FITNESS CLASSES

All of our instructors use their own booking system, so please come along to your first class and they will tell you what to do next!
For introductory offers please look out for posts by our instructors on our Facebook page: [Copmanthorpe Sports & Recreation Centre](#).

MONDAY

9.30am ZUMBA GOLD (£5)
with Norelle

6pm HIIT (£4)
with Debbie

6.30pm VINYASA YOGA (£8)
with Debbie

TUESDAY

7.15pm BOXFIT
with Kev

WEDNESDAY

9.15am HATHA YOGA
with Sally

7pm CLUBBERCISE* (£5)
with Thomas

*To book on CLUBBERCISE please add thomas clubbercise or visit www.facebook.com/clubbercisewiththomasinyork

THURSDAY

9.15am MUM'S FITNESS
with Debbie

*Pre-paid block booking only. Email fitnessandyogayork@gmail.com for more info.

FRIDAY

9.30am ZUMBA (£5)
with Norelle

10.30am PURE STRETCH
with Norelle

SATURDAY

9am – BOOTCAMP
with Kev

EXCLUSIVE

PERSONAL TRAINING SESSIONS available.
Call Kev on **01904 778696** for more information on how he can help you to achieve your goals!

For further information please visit our [Facebook page](#), check out our website www.thecoprec.com or call us on **01904 778696**



THOMAS
If you like the idea of a fitness class that feels more like a night out than a workout you'll LOVE Clubbercise.



NORELLE
I've been teaching for 16 years and feel very lucky to have a job that I love with a passion!
I try to bring that passion to my classes to help people escape for an hour as well as improving their fitness.



DEBBIE
I've taught & worked in the fitness industry for the last 15 years. In 2011 I set up my own Fitness Studio & Private Fitness & Yoga classes in York. I currently teach a variety of classes from my own studio and will be bringing Vinyasa Yoga & HIIT Classes to you.



KEV
I am a former Royal Marine and have taught at a Further Education College. My aim is to inspire, educate and make a difference to people's lives through fulfilling their fitness, health and lifestyle goals.



SALLY
I trained at Sivananda Yoga Centre in London. My sessions will cater to both beginner and intermediate levels, helping you achieve your overall body goals.

MEET THE INSTRUCTORS



CLASS DESCRIPTIONS

BOXFIT: Back by popular demand, we have Kev doing Box-fit; a fun-filled intense workout for all levels and abilities. You can take out all your frustrations on whoever you want, using our stylish boxing gloves to knock seven bells out of the pads! This is a brilliant feel good workout which makes you feel even better when you learn how many calories you've burned.

CLUBBERCISE: If you like the idea of a fitness class that feels like a night out then you'll love Clubbercise. Fun easy-to-follow dance fitness routines using rave glow sticks to club anthems from 90's classics to the latest chart hits.

HIIT: A training technique in which you work on intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of workout raises and keeps your heart rate up building your fitness levels and helps you burn high amounts of body fat. *All abilities welcome.

HATHA YOGA: Hatha yoga uses bodily posture, breathing techniques and meditation with the goal of bringing about a sound, healthy body and clear, peaceful mind.

KEV'S BOOTCAMP: It's not one of those hardcore scary ones, unless you want it to be! Kev's Bootcamp is a good workout for those who want to go for it or for those who want to take it a little easier but still get a bit fitter. He's there to make us all feel better about ourselves so come and join in.

MUM'S FITNESS: A mum's boot camp with your little ones. 30-45 minute fitness class ideal for mums to bring along their babies/toddlers and have them in the sports hall while they exercise. Please note: we will provide a member of staff to sit with babies and toddlers to provide support.

PERSONAL TRAINING SESSION: One on one training sessions with Kev to help you achieve your goals, whether it's for weight loss, personal achievement or rehabilitation, he can help you get there.

PURE STRETCH: 1 hour class, caters for all abilities and attitudes to exercise. PureStretch will improve flexibility, develop core strength and add more balance to a fitness routine.

VINYASA YOGA: Synchronising movement with breath. This 1 hour class will take you through flowing yoga vinyasas (sequences) that will build your strength, balance & flexibility. At the end of each class we also finish with relaxation to help ease away tension or just simply unwind and relax. *All abilities welcome and works really well alongside the HIIT class.

ZUMBA/ZUMBA GOLD: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.